



*A Moment with Donna.... Memories*

Can you believe it is September already? My goodness this year is just flying by. It seems as if 2017 has been turbo-charged with a quantum warp speed that is moving everything at such a pace...well, it feels like 2018 is just a few seconds away. Amazing, to say the least!

September 11, which has been given the title of Patriot Day, brings so much to mind. For me, I think about how a few individuals decided that they wanted to show their power and determination to destroy, undermine a nation, they perceive as ugly, bad. Millions around the world were both shocked and at the same time terrified, of what evolved. But Americans, who come from all over the globe, did what they usually do...they determined that they were not going to be victimized and polarized by those who haven't a true value for the freedoms we stand for.

When I visited the former Soviet Union in 1992, and had an opportunity to do interviews with various individuals, I will not forget a conversation I had with an attorney after finishing my interview with him. He said to me, "You Americans feel a fire within you, where you feel you have the right to be free." I responded, "Yes, that is true." He then said, "We Russians don't." He proceeded to share a personal story about his family with me.

"My grandparents escaped from Russia when Stalin came to power. The KGB was a most terrifying force, and even though they were able to escape to the United States, there wasn't a day that went by that they didn't look over their shoulders to see if the KGB was anywhere around. They were terrified that they would be sent back. I was able to visit the United States, because of my positioning within the Communist party, and had the opportunity to visit with them. This fear never left them and truly, they never really felt free because oppression is a part of the Russian soul."

I realized, as he was telling me about his family, how he yearned to know, to feel, that love of freedom that we Americans possess. He had had a taste of it when he visited but it didn't last long and the world he returned to wouldn't change for a very long time, and to the best of my knowledge, the fear of the KGB still undermines the potential for a harmonious environment regardless of what media propaganda dishes out.

Chaotic times are in place and that means we have the opportunity to stand up, stand true, for the principles and values our forefathers gave their lives for. Their sacrifices were many and they knew, as we need to remember, that freedom isn't free. Once attained, we have to continue to honor, respect, and demonstrate, that we are worthy of having and keeping those freedoms.

Do yourself a favor and become acquainted with the history of this nation that has achieved so much within just a few hundred years. We haven't been perfect and never will be but this still is one of the best places on this planet, despite its warts and imperfections, to live in. At least, as far as I am concerned, we need to take moments to be grateful, to appreciate those who have given their best so we can enjoy the abundance of opportunities that are available to us.

Fall is here and she brings not just a shift in weather but awareness that change is ever present and will always be with us.

Have a magnificent month.

*Donna Seebo*

*Power Thought for September*

May we change like the water,  
Receive like the earth,  
Wander like the wind,  
Nurture like the light.  
~Author Unknown

*September's Chuckle*

A wealthy 73-year-old widower starts showing up around town with a beautiful and much younger wife.

"How did you get her to marry you?" His friend asks.

"I lied about my age."

"You told her you were 60?"

"No, I told her I was 90."

*"The Donna Seebo Show"*

*&*

*"Warriors for Peace"*



*Heard worldwide.... Celebrating 16 Years*

*"Delphi Vision Broadcasting" is celebrating its 16<sup>th</sup> year of positive and informative programming with 'The Donna Seebo Show' and 'Warriors for Peace'. Currently people in over 71 countries, including the United States, are listening to the shows.*

I invite you to join me weekdays for insightful and uplifting programming. The theme of the program is 'Personal Empowerment'. Guests are featured from all over the world giving their knowledge and expertise to you - the listening audience

Go to **'The Donna Seebo Show' page. Direct Link:**

<http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

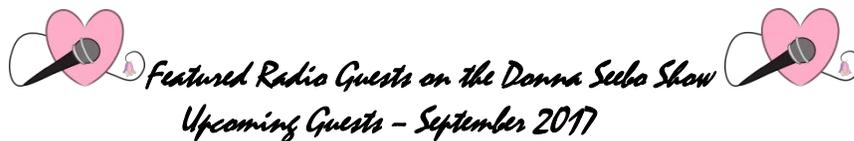
There you will find a blue player that enables you to connect to the 'live' show 9:00 am to 10:00 am, Monday through Friday, Pacific Time. Callers are welcome during the second half of the program – **Call in number - 253.582.5597.**

*“Warriors for Peace”* is aired on Wednesdays, 11:00 am to Noon, Pacific Time. No calls are taken during this interview program.

To listen to any of the broadcasts at any time - click on the tower icon in the past show archives box- then choose the program you are interested in. Shows are available 24/7.

I look forward to having you join me and my guests at my global broadcasting table. Informative and fun, you are invited to join me weekdays where you can *“Light Up Your Life with A Little Bit of Insight”*. Be sure to tell your friends and family about this positive, informative programming available 24/7.

I look forward to having you join me and my guests at my global broadcasting table.



Direct link: <http://www.delphiinternational.com/VisionBroadcasting/VisionBroadcasting.html> .

From 9-10am, Pacific Time the 'live' program can be heard via the flash player and on the 'The Donna Seebo Show' page you will find the archive file for all programming. Callers are welcome to call into 'The Donna Seebo Show' during the second half of the program.

Call in number is 253.582.5597

- 1....The Story You Need to Tell – Sandi Marinell*
- 4....Rugged Mercy – Robert Wright*
- 5....Dark Muse – Philip Mann (Canada)*
- 6....Choosing Energy Therapy-Wanda Buckner*
- 7....Starting Over – Sheri Levy*
- 8....Wars of the Anunnaki – Chris Hardy*
- 11...The Freedom Trap – Dr. Craig Hassed (Australia)*
- 12...Step Up Sister – Algeania Freeman*
- 13...Unlocking Happiness at Work – Jennifer Moss*
- 14...Waking Up in the 5<sup>th</sup> Dimension – Maureen St. Germain*
- 15...The Fearless Path – Curtis Rivers*
- 18...The Low Fod-Map Solution – Cinzia Cudeo and Astara – Emerald Spiral Expo*
- 19...Sons of White Eagle – Mark Bielski*
- 20...Pug – Helen James*
- 21...Paranoia Relief – Kalliope Barlis*
- 22...The Crystal Bed – Paula Vail*
- 25...Reclaiming Your Body - Suzanne Scurlock-Durana*
- 26...Story Sparks – Denise Jaden*
- 27...Sacred Retreat – Pia Orleane (Sweden)*
- 28...Into the Mystic – Christopher Hill*
- 29...Living In Joy-Barry Eaton*

*Warriors for Peace*

- 6....Barnyards & Birkenstocks – Don Stuart*
- 13...The Four Sacred Gifts – Anita Sanchez*
- 20...Emergence of an American Nation – Don Fraser*
- 27...Humane Policing – Darron Spencer*



## *Upcoming Broadcasts & Appearances*



**September 9<sup>th</sup>** – *Television interview with Paula Vail, Host of Finding Your Joy.* Check on our webpage for link to show and 30 minute interview. It will be posted shortly.

**September 9<sup>th</sup> & 16<sup>th</sup>**...*Saturday Psychic Showcase – Carr’s Restaurant on Bridgeport, Lakewood, Washington.* I will be on the psychic panel and will be available for mini-readings starting about 5pm, as well as after the speaker program. Publications will also be available.

**September 13<sup>th</sup>**...*Wednesday, Psychic Spectrum – Poodle Dog Restaurant, Fife, Washington.* I will be the keynote speaker, 7pm. I will be arriving about 6pm and will be available for mini-session and will also have publications for sale – Topic to be announced.

**September 26<sup>th</sup>**...*Lou J. Free’s Showcase, Clarion Hotel banquet room, Federal Way, Washington.* I will be the keynote speaker at 7pm. I will be available for mini-sessions from 5pm to 7pm. I will be speaking at 7pm.

**September 23<sup>rd</sup>**...*The Emerald Spiral Expo, Kent Commons, Kent, Washington.* This is a fabulous family event and a wonderful opportunity to interact with wonderful and talented individuals, as well as enjoying all kinds of services/products that they provided. I will be available for private mini-sessions and will have publications as well. Check out [www.emeraldspiral.com](http://www.emeraldspiral.com) for more information.

**October 18<sup>th</sup> to 23<sup>rd</sup>**– *Anchorage, Alaska.* More information will be forthcoming in the October newsletter.

### *Golden Nuggets*

#### *True Stories about Real People*

The creativity of people is amazing and I think you’ll find this video absolutely amazing!

Submitted by Mary S., Anchorage, Alaska.

<https://content.jwplatform.com/videos/fHLu8cvK-Kvp5pHRn.mp>

### *A Different Way of Backing Up*

<http://www.chonday.com/Videos/trailerghu4>



### *The Recipe Box....Savory Bread Pudding*

Here is a recipe that one can adapt with vegetables of choice. This is a lovely dish to take to a potluck and is a perfect choice for those vegetarians that come for dinner or brunch. You can also prepare this savory dish a day before and keep cooking hassles at a minimum.

**Ingredients:** 1 pkg. (10 oz.) frozen chopped broccoli, 2 Tbls. butter-room temperature, 10 slices day-old bread, 12 oz sharp Cheddar Cheese, 6 eggs, 3 ½ cups milk, ½ tsp. dried basil leaves, 1 tsp. salt and ½ tsp. pepper.

**Directions:** Grease inside of 9"x9"x2" baking pan with butter or non-stick cooking spray. Put frozen broccoli into small saucepan (or microwave) and cook until tender. Drain and set aside to cool. Using a large knife use a 2 ¾ -inch-diameter doughnut cutter (or favorite cookie cutter) and cut doughnut-shaped rounds from 8 slices of the bread. Cut crusts and remaining bread up into ¼" cubes. Shred cheese with coarse shredding blade. Mix cheese, bread cubes, and drained chopped broccoli into a large mixing bowl. Toss well and spoon into the prepared baking pan. Arrange bread cutouts on top of broccoli mixture, overlapping them if necessary. Put eggs into the mixing bowl; beat with a wire whisk or an electric mixer, then add milk, dried basil leaves, salt, and pepper, beating until smooth. Pour seasoned mixture over broccoli and bread in pan. Let stand 30 minutes. (This much can be done a day ahead. Cover dish with foil or plastic wrap, refrigerate until about 1 ¼ hours before you plan to serve your meal.) Heat oven to 350 degrees. Put uncovered pan on center rack in oven. Bake 60-65 minutes or until mixture is puffed and lightly browned. It is done when a knife inserted in center of dish comes out clean.

### *Special Comments*

A special 'thank you' to the many people who join me weekdays to hear *'The Donna Seebo Show'* and *'Warriors for Peace'* from around the country and the world. Your emails, calls and wonderful letters make my day. It is always a joy to share the talents and information from people and other sources that can make our lives better. Should you have recipes, ideas and/or information you think my listeners might be interested in, please email the information to me. Due to the tremendous amount of material received, I cannot promise that I will use it on my show but I do review everything that is sent.

For authors who are interested in being interviewed on my program, please send a copy of your book/CD/audio tape publication along with your press kit to the address noted below. All materials are reviewed for content and if accepted, you will be called to schedule a date for an interview. Currently my interviews are booked two to three months in advance. It is always advisable to follow up with a phone call to be sure that your materials are received by my office.

You are always welcome to share this newsletter and if you have someone who would like to be added to the subscriber list, just send his/her name and email address to [donna@delphiinternational.com](mailto:donna@delphiinternational.com) or [donnaseebo@comcast.net](mailto:donnaseebo@comcast.net). Past newsletters are archived on my website, and you are welcome to review them at any time. If you desire to be deleted from the mailing just type unsubscribe in subject line.

For scheduling of private appointments (by telephone or in-person), information on gift certificates, speaking engagements, private parties, classes, etc., please contact my office at the telephone number listed at the bottom of this newsletter.

Do you know of children between the ages of 3 to 12 who love to read? Then you'll want to order *"God's Kiss"* my award winning illustrated book and audio tape. Go to my website, fill out the information and I will be delighted to personalize the book for that special child. We are celebrating our 22nd anniversary of 'Classics' publications and now have a new website showing 'God's Kiss' and other products. Both e-books and audio e-books are now available as well.

My new children's publication, *"The Magic Hat"* is also available in e-book and e-audio book format. It is also available in book form and I am happy to personalize it for you. You can go to my website to order directly or Amazon, Create Space, and Kindle. This book is beautifully illustrated by Carol Ann Johnson and you can listen to a 'free' preview of the audio book and view some of the art as well on Mrs. Seebo's Classics website.

Go to [www.mrsseebosclassics.com](http://www.mrsseebosclassics.com) to find out more about these wonderful publications. Be sure to like us on Facebook, LinkedIn, and Twitter.

***Have a magnificent day and remember....  
"You are the Master of your Fate, the Captain of your Soul".***

*Donna Seebo - International Mental Practitioner/Psychic, Counselor, Award Winning Author, Speaker, Teacher, Radio/Television  
Personality, Minister and  
Host of the International 'Donna Seebo Show' and 'Warriors for Peace'*

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